

# HEALTH

2013-2014

**Instructor Name:** Brian Vecchio

**Email:** [bvecchio@mssd14.org](mailto:bvecchio@mssd14.org)

**Phone:** 719-685-2051

**Office Location:** Room 46/Men's Coaches Office

**Office Hours:** 11:45-1:10

## **COURSE DESCRIPTION**

This course is designed to cover in detail basic health including physical, mental, and social/emotional concepts. A high emphasis is placed on fitness, nutrition, substance use/abuse, human sexuality, first aid and CPR, and stress management.

**Subject Area:** Health/Physical Education

**Subject:** Health Education

**Room Number:** 46

**Grade Level:** 9

**Period:** Blocks I, II

**Credits:** 1.0

## **PREREQUISITES AND OUTCOMES**

Middle School Health/P.E.

## **ESSENTIAL LEARNINGS**

1. Students will apply concepts related to the five components of physical activity and fitness.
2. Students will analyze the core concepts related to nutrition and weight management.
3. Students will analyze the core concepts related to substance use and abuse.
4. Students will apply concepts related to first aid and injury prevention.
5. Students will demonstrate the use of interpersonal/intrapersonal skills to achieve quality relationships.
6. Students will demonstrate the use of interpersonal/intrapersonal skills to achieve quality relationships.
7. Students will compare and contrast between communicable and non-communicable diseases.

## **SUBSEQUENT COURSES**

Physical Education

## **WEBSITE**

<http://bvecchio.mssd14.wikispaces.net/>

<http://www.quia.com/pages/bvecchio10/blockone>

DATES	UNIT	TOPICS	ACTIVITIES
AUGUST 26- SEPTEMBER 6	<b>FITNESS</b>	Five components of physical fitness.  Aerobic/Anaerobic  Evaluating your health  Fitness Plan	Quiz  Health Lab Write-Up  Test
SEPTEMBER 9- SEPTEMBER 20	<b>NUTRITION</b>	Nutrients/Food guide pyramid  Eating disorders/Dietary guidelines for healthy eating  Glycemic index/Food labels  Athletic nutrition for performance  Managing weight/Fad Diets/Fast food  Individual Nutrition/Budgeting	Nutrient Poster  Quiz  Test  Reflection Questions
SEPTEMBER 23- OCTOBER 4	<b>SUBSTANCE ABUSE</b>	Alcohol/Tobacco/Drugs  Legal and Social Consequences  Refusal Strategies/Addiction/Help	Quiz  Anti-Use Ad  Test
OCTOBER 7- OCTOBER 11	<b>DISEASES AND DISORDERS</b>	(Non)-Communicable Disease  STI's/Prevention/Pregnancy  Abstinence/Birth Control	Project  Test
OCTOBER 14- OCTOBER 18	<b>MENTAL HEALTH</b>	Stress/Suicide/Emotions  Relationships/Friends	Quiz
OCTOBER 7- OCTOBER 11	<b>FIRST AID/CPR</b>	First Aid Safety  Infant/Child/Adult CPR	
OCTOBER 17	<b>FINAL EXAM</b>	CUMMULATIVE EXAM	Test

### EXTRA CREDIT

Extra credit is sometimes made available by request of the student in certain situations. Attending some school activities and sports can earn a student 5 points

per contest. The student must attend the game and record the score on one of the free programs offered upon admission.

### **TEXTBOOK**

Bronson, Mary. Glencoe Health. 9<sup>th</sup> edition. McGraw Hill, 2005.

### **GRADING SCALE**

#### **LETTER GRADES**

100-90 A

89-80 B

79-70 C

69-60 D

59 AND BELOW F

### **GRADING WEIGHT**

Tests and Quizzes 30%

Homework 40%

Projects 20%

Final Exam 10%

### **CLASSROOM CONDUCT AND GUIDELINES**

In order to ensure the classroom is a positive learning environment some guidelines and rules must be followed.

1. ALWAYS treat each other and myself with respect.
2. Profanity and disrespectful behavior and language are not tolerated.
3. Be in your assigned seat when the tardy bell rings and ready to work.
4. Come to class each day prepared with your iPad, covered textbook, notebook, pen or pencil, and willingness to learn.
5. Food, candy, and snacks are NOT permitted. Only drinks are acceptable and must have a lid. This privilege can be removed at any time.
6. Cell phones and other items not related to class are NOT permitted.
7. Students will receive one day for make up work for every day absent. It is YOUR responsibility to obtain the assignments and notes.
8. In the case of a substitute teacher, they will be shown the upmost respect and guidelines for the days will be followed.

**iPad Use:** We will use our iPad's almost everyday in some form or another. It is your responsibility to have your iPad with you at all times and charged. The iPad is a school issued device and the privilege of use can be removed at anytime for inappropriate or off-task behavior.

These rules are in addition to school policies and procedures. You are expected to follow these rules while in the classroom. Violations will result in office referral, primetime detention, or conference. I will always treat you fairly, however, if you feel you have been treated unfairly please see me after class.